



Linda Vista Recreation Center

VOLUME I, ISSUE II

We Enrich Lives Through Quality Parks and Program

FALL 2009



Hours of Operation

Monday 3:30 pm - 8:00 pm
 Tuesday 12:30 pm - 8:00 pm
 Wednesday 12:30 pm - 8:00 pm
 Thursday 12:30 pm - 8:00 pm
 Friday 12:30 pm - 7:30 pm
 Saturday 10:00 am - 4:00 pm
 Sunday Closed

Closed all City Holidays

Subject to change without notice



Inside this issue:

Martial Arts	2
Adult Activities	2
Youth Activities	2
Youth Sports	3
General Information	3
Staff	4

Special Events - Eventos Especiales

TOYS FOR TOTS

Registration is open to all legal United States residents. A parent or guardian must be present when registering. Please bring the following information at time of registration: Your identification card, your Social Security Card, proof of residency (utility bill) and income verification (tax return or assistance form). You will also need to bring your child's Social Security Card and their Birth Certificate.



Date October 26 thru November 6
Time During Hours of Operation
Age 1 - 14 years old

Las inscripciones están abiertas a todos residente legales de los Estados Unidos. Un padre o guardián debe estar presente durante las inscripciones. Por favor de traer la siguiente información cuando se registre: Su tarjeta de identificación, su tarjeta de Seguro Social, prueba de residencia (cuenta de utilidad) y comprobación de ingresos (impuestos sobre los ingresos o forma de prueba de asistencia). También necesitara traerle la tarjeta de Seguro Social de niño y su Certificado de Nacimiento.

HALLOWEEN CARNIVAL

There will be costume contest for the prettiest, scariest, and the most original costume.

Date: Friday, October 30
Time: 5:30 pm - 7:30 pm
Cost: 5 tickets of a \$1.00
 5 boletos por un \$1.00

Habrá un concurso del disfraz para el disfraz más bonito, más espantoso y más original.

TURKEY TROT

Tackle our obstacle course for a chance to take home a Turkey Dinner and other prizes.

Date: Friday, November 20, 2008
Time: 6:00 pm - 7:00 pm
Cost: FREE

Entre nuestra pista de obstáculos para una oportunidad de llevar a casa una cena de pavo y otros premios.

BREAKFAST WITH SANTA

Date: Saturday, December 19
Time: 9:00 am - 11:00 am
Cost: \$5.00 per family of 6 (pre-sale)
 \$2.00 per persons at the door.



All City of San Diego parks and beaches are smoke free.

General Information - Información General

WELCOME - BIENVENIDO

The staff at Linda Vista Recreation Center would like to welcome you and your family to our facility. This is an active and community-involved center that wants to give you the best recreational activities possible. If you have any comments or suggestions for new programs, feel free to call or stop by the recreation center and talk to the staff.

El personal del centro receptivo Linda Vista quiere darle la bienvenida a usted y a su familia a nuestra facilidad. Este es un centro activo e implicado en la comunidad que quiere proveerle las mejores actividades recreativas posibles. Si tiene cualquier comentario o ideas para nuevos programas, siéntase libre de llamar o parar en el centro y hablar con el personal.

LINDA VISTA RECREATION COUNCIL

The Linda Vista Recreation Council meets every second Tuesday of the month at 5:00 pm at the Linda Vista Recreation Center. Meetings are open to the public.

Concilio de Recreación de Linda Vista se junta cada segundo martes del mes a las 5:00 pm en el Linda Vista Recreación Centró. Las juntas están abiertas al público.

Martial Arts

BACH VAN KUNG FU

Students will learn self-defense, judo, and various other techniques in this program. Pick up a permission slip at the office. Students must purchase their uniform from Master Hai Nguyen.



Day: Saturday
Time: 1:00 pm - 3:45 pm
Cost: FREE
 \$15.00 yearly insurance fee

Los estudiantes aprenderán defensa propia, el judo, y varias otras técnicas en

este programa. Recoja un permiso en la oficina. Los estudiantes deben comprar su uniforme del Maestro Hai Nguyen.

VOVINAM:

Vietnamese Martial Arts

This program is designed to help build strong individuals through the instructions and discipline of the Vietnamese martial arts. Students must purchase their uniform from the instructor at a cost of \$25.00

Day: Monday & Wednesday
Time: 6:00 pm - 7:50 pm

Day: Friday
Time: 6:00 pm - 7:00 pm
Day: Sunday
Time: 2:00 pm - 3:30 pm
Cost: FREE
Instr: Tam Nguyen & Andy Chau

Este programa es diseñado para ayudar a construir comunidades fuertes y sostenibles por medio de las instrucciones y disciplina de las artes marciales Vietnamitas, para el desarrollar del espíritu, mente y cuerpo, la autocontrol, defensa propia, dignidad, estudiantes deben comprar su uniforme del instructor a un costo de \$25.00.

Adult Activities - Actividades para Adultos

OPEN BASKETBALL

Call for availability

OPEN VOLLEYBALL

Day: Monday
Time: 6:00 pm - 7:50 pm

KUSHINDA DANCE CLASS

Day: Thursday
Time: 6:00 pm - 7:45 pm
Cost: FREE

INTEGRAL TAI CHI

The activities are broken down into three parts: 1) warm up movement, 2) ten forms of integral tai chi, and 3) meditation and light yoga. Students must bring their own exercise mat.

Day: Saturday
Time: 10:00 am - 12:30 pm
Cost: FREE
 Compassionate Service Society

Las actividades son separadas hacia abajo en tres partes: 1) se calienta el movimiento, 2) diez formas de Tai Chi ingrante y 3) la meditación y yoga liviano. Los estudiantes deben traer su propia colchoneta del ejercicio.



Club. El club se junta el primer sábados de cada otra mes. Todos los visitantes son bienvenidos.

COMMODITY SUPPLEMENTAL PROGRAM

Enrollment Process for EFAP

On the distribution day you must present the following documentation: A photo ID and a current utility bill or rent deposit. Additionally, you will be asked if you meet the income guidelines and the number of person(s) living in the house. If you do not exceed the income requirements then you may be eligible to receive EFAP once a month. For more information, please call the San Diego Food Bank at (858) 527-1419.

Day: 4th Thursday of the month
Time: 8:00 am - 9:00 am

SAN DIEGO METRO PIGEON CLUB

Join local bird enthusiast at the San Diego Metro Pigeon Club. The club meets every other month on the first Saturday. All visitors are welcomed.

Young Bird Show

October 3, 2009 10:00 am - 4:00 pm

Annual Show

December 5, 2009 8:00 am - 4:00 pm

Reuniese con los entusiastas de pájaro locales en el San Diego Metro Pigeon

Youth Activities - Actividades para Jóvenes

COOKING CLASS

Participants will help in the preparation, the cooking and the eating of some of their favorite dishes. A monthly menu will be posted at the door.

Day: Monday
Time: 4:30 pm-6:00 pm
Age: 8 - 15 years old
Cost: FREE

Los participantes ayudarán a preparar, cocinar y comer unas de sus comidas favoritas. Un menú mensual será adherido a la puerta.



class. Explore your creative side in this fun and interactive class. Class is limited to the first 12 participants.

Day: Wednesday
Time: 4:00 pm - 5:30 pm
Age: 5 - 13 years old
Cost: FREE

ARTS & CRAFTS

Come join us in this "make it, take it"

Youth Activities - Actividades para Jóvenes

Venga a unirse con nosotros en esta clase de "lo hace, se lo lleva". Explore su lado creador e esta clase divertida y reciproco. La clase esta limitada a los primeros 12 participantes.



MOVIE DAY

Start your weekend with a movie at the park. Watch the latest DVD release or an all time classic. We will provide popcorn and a drink.

Day: Friday
Age: 5 & older

Time: 4:30 pm - 6:30 pm
Age: 5 & older
Cost: FREE

Empieza el fin de semana con una película en el parque. Mire las películas nuevas o clásicas en DVD. Proporcionamos palomitas y algo de tomar

Youth Sports - Deportes de Jóvenes

PEE WEE SPORTS

Participants will learn the basic fundamentals of the game in a non-competitive and interactive atmosphere. Each session is eight weeks long and will meet twice a week; one for practice and the other for the game.

Age: 5 - 7 years old
Cost: \$5.00

Los participantes aprenderán los fundamentos básicos del juego en un ambiente no competitivo y reciproco. Cada sesión será de ocho semanas y se juntara dos veces por semana, uno para practica y el otro para juegos.



YOUTH FLAG FOOTBALL

Registration will be conducted between September 2 and September 30, 2009. The age cut off date is December 13, 2009. The minimum number of participants required to form a team is 10. Participants will be divided into the following age divisions.

A: 8 - 10 years only
AA: 11 - 12 years old
B: 13 - 14 years old
BB: 15 - 16 years old

Las inscripciones serán desde el 2 de septiembre al 30 de septiembre, 2009. La fecha de cesión de edad es el 13 diciembre 2009. el mínimo de participantes requeridos para formar un equipo es

10. Los participantes del Fútbol Americano se dividen en las siguientes divisiones de edades.

YOUTH BASKETBALL

Registration begin December 1, 2009. The age cut off date is March 20, 2010. Participants are divided into two groups (female and male) and into the following age divisions.

A: 8 - 10 years old
AA: 11 - 12 years old
B: 13 - 14 years old
BB: 15 - 16 years old

Las inscripciones empiezan el 1 de diciembre, 2009. Los participantes del baloncesto se dividen en dos grupos (hombres y mujeres) y en las siguientes divisiones de edades.

General Information - Información General

PARK RULES

- Alcohol is strictly prohibited at all local parks.
- Bottles and glass containers are prohibited in the park.
- All vehicles must park in marked stalls.
- Vehicles are not allowed on the grass or non-designated parking area.
- Vehicles prohibited on sidewalks and turf.
- Proof of insurance is required for any equipment brought on to the park.
- Just a reminder, it is illegal to use our dumpsters for your household refuse.

REGULACIONES DEL PARQUE

- El alcohol es prohibido estrictamente en todos los parques locales.
- Se prohíben contenedores de vidrio y

botellas en el parque.

- Todos los vehículos deben estacionar en estacionamientos marcados.
- Vehículos no se permiten en el césped ni en el área de estacionamiento designado.
- Se prohíben vehículos en las aceras y el césped.
- Prueba del seguro es requerida para cualquier equipo que traigan al parque.
- Solo un recordatorio, es ilegal utilizar nuestros contenedores para sus basuras domesticas



- Be sure that your dog is wearing a current license from the County Department of Animal Services.
- Dogs are not allowed on any athletic field at any time.

ETIQUETA DE PERROS

- Siempre limpie detrás de su animal.
- Siempre mantengan a sus perros en sus correas.
- Asegure que el perro traiga licencia actual del County Department of Animal Services en su collar.
- No se permiten los perros en ningún campo atlético a ningún tiempo.

DOG ETIQUETTE

- Always pick up after your pet.
- Keep your dog(s) on their leash at all times.

NON-SUFFICIENT FUNDS

A minimum \$25 fee will be charge for all returned checks.

LINDA VISTA RECREATION CENTER

**7064 Levant Street
San Diego, CA 92111**

Voice: (858) 573-1392

Fax: (858) 636-4873

www.sandiego.gov/park-and-recreation

Kelly Wood
Ira L. Patron

Lisa Alvarado
Jorge Gonzalez
Shannon Hayes
Jerry Jones
Brianna McCallum
Warren Thodile

Patty Barajas
Frank Carriedo
Maria Villarino

STAFF

Area Manager
Recreation Center Director III

Recreation Leader I
Recreation Leader I
Recreation Leader I
Recreation Leader I
Recreation Aide
Recreation Leader I

Grounds Maintenance Worker II
Grounds Maintenance Worker II
Grounds Maintenance Worker II

General Information - Información General

FONDOS INSUFICIENTES

Se cobra una carga \$25 para cada cheque devuelto.

PERMITS

Permits will be processed on an appointment basis only. Please make your appointment at least 20 days prior to your desired date to ensure adequate time to complete this process.

CHECK OUT POLICY

Recreation Cards are available at the office. Parents must fill out the application before we can issue the child their card. The first card is FREE. All additional cards cost 25¢. Parents/Guardian is responsible for lost or damaged equipment.

POLICIA DE PRESTADO DE EQUIPO

Tarjetas de recreación están disponibles en la oficina. Los padres deben llenar un aplicación antes que le podamos otorgar su tarjeta al niño. La primera tarjeta es GRATIS. Todas las tarjetas adicionales cuestan 25¢. El padre/guardián es responsable del equipo perdido o dañado.

DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Clay Bingham, Deputy Director community Parks I Division (619) 221-8910

DONACIONES

Con su donación al sistema de parques, UD puede ayudar al Departamento de Parque y recreación enriquecer las vidas de otros por medio de parques y programas de calidad. Su donación asegura que de todas las edades, habilidades y niveles de ingresos por medio de recreación, parques de espacios naturales, y programas acuáticos. Para mas información sobre como puede donar a su parque, alberca o programa receptivo favorito, comuníquese con Clay Bingham, Director Deputado

Community Parks I Division (619) 221-8910.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 533-4017.

¡NECESITAMO VOLUNTARIOS!

Tenemos oportunidades disponibles en nuestros centros de recreación, albercas, y parques regionales en toda la mayores de edad y terapéuticos, y mucho mas. Si UD. Esta interesado, infórmese con el personal o visite nuestra pagina de Internet a www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml o comuníquese con la Oficina de voluntarios al (619) 533-4017 para mas información.



As a recipient of Federal funds, the City of San Diego cannot discriminate against anyone on the basis of Race, Color, Creed, Sex, Age, National Origin or Ancestry, Religion, Pregnancy, Physical or Mental Disability, Veteran Status, Marital Status, Medical condition, Gender (Transsexual and Transgender), Sexual Orientation, as well as any other category protected by Federal, State or Local Laws. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination with either the City of San Diego Park and Recreation Department (contact District Manager (619) 221-8804) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.